

# Water Works Challenge

January 18<sup>th</sup>, 2016 – February 12<sup>th</sup>, 2016

Goal: 18 activity points

## BOOST YOUR HEALTH

Stay hydrated! Water is not the only fluid that will keep you hydrated – milk, juice and even coffee provide you with valuable fluid you need.

## WHY IS IT IMPORTANT TO STAY HYDRATED?

- During all weather, it is important to keep your fluid intake up – regardless of activity level.
- Adequate hydration replaces and maintains the fluid our bodies need to function properly.
- Mild dehydration can impair your ability to concentrate, impair short-term memory, cause fatigue and decrease cardiac output.
- Water helps cushion joints, keeps muscles working properly and preserves skin elasticity.

## HOW THE CHALLENGE WORKS & TO TRACK YOUR POINTS:

To take part, all you need to do is **drink half your body weight in water daily** (Example: If you weigh 160 pounds, you'll earn a daily point for drinking 80 oz of water daily). Participants can earn 1 point daily.

Track your activity points online each day at [www.kansashealthquest.com](http://www.kansashealthquest.com) or use the paper tracking form and record later. Be sure to record your activity points by February 19<sup>th</sup>, 2016.

**Goal:** Earn 18 activity points for 5 HealthQuest Credits.

[www.KansasHealthQuest.com](http://www.KansasHealthQuest.com)

